IN THE CLAIMS

1. (Currently amended) A computer implemented method comprising:

populating, by a computer, a first field of a traffic specification with a function of one of a temporal period and a temporal offset, wherein said temporal period and said temporal offset are for a plurality of expected future transmissions;

populating a second field of said traffic specification with the value of said first field, wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field, wherein said Minimum Service Interval field is populated with a larger value than said Maximum Service Interval field; and

transmitting a polling request with said traffic specification.

2. (Original) The method of claim 1 wherein said first field and said second field are defined in an IEEE 802.11 specification.

3. Canceled

4. (Original) The method of claim 1 wherein said transmitting is via a shared-communications channel, and wherein said temporal offset is relative to an IEEE 802.11 beacon.

5. (Original) The method of claim 1 further comprising:

generating a frame in accordance with said temporal period and said temporal offset; receiving a poll; and

transmitting said frame in response to said poll.

6. (Currently amended) A method comprising:

populating a first field of a traffic specification with a first function of at least one of a temporal period and a temporal offset, wherein said temporal

period and said temporal offset are for a plurality of expected future transmissions;

populating a second field of said traffic specification with a second function of at least one of said temporal period and said temporal offset, wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field, wherein said Minimum Service Interval field is populated with a larger value than said Maximum Service Interval field; and

transmitting a polling request with said traffic specification.

7. (Original) The method of claim 6 wherein said first field and said second field are defined in an IEEE 802.11 specification.

8.   Canceled

9.   Canceled

10. (Original) The method of claim 6 further comprising:

generating a frame in accordance with said temporal period and said temporal offset;

receiving a poll; and

transmitting said frame in response to said poll.

11. (Currently amended) A method comprising:

receiving a polling request and a traffic specification that specifies a first field and a second field, wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field, wherein said Minimum Service Interval field has a larger value than said Maximum Service Interval field; and

determining one of a temporal period and a temporal offset from said first field when said first field and said second field have the same value.

12. (Original) The method of claim 11 wherein said first field and said second field are defined in an IEEE 802.11 specification.

13.   Canceled

14. (Original) The method of claim 11 wherein said receiving is via a shared-communications channel, and wherein said temporal offset is relative to an IEEE 802.11 beacon.

15. (Currently amended) A method comprising:

        receiving a polling request and a traffic specification that specifies a first field and a second field; and

        determining a temporal period and a temporal offset from said first field and said second field wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field, wherein said Minimum Service Interval field has a larger value than said Maximum Service Interval field.

16. (Original) The method of claim 15 wherein said first field and said second field are defined in an IEEE 802.11 specification.

17.   Canceled

18.   Canceled

19. (Original) The method of claim 15 further comprising establishing a polling schedule based on said temporal period and said temporal offset.

20. (Original) The method of claim 19 further comprising transmitting a poll to the sender of said polling request in accordance with said polling schedule.